

Mara House Salad

Animal Kingdom Lodge
The Mara

Ingredients







-  3 ounces Mixed Greens
-  1 ounce Cooked Lentils
-  1 ounce Chickpeas
-  1 small sliced cucumber
-  1 small tomato, sliced
-  1/8 cup Red Onion
-  1 ounce Feta Cheese
-  2 ounces Cilantro Vinaigrette
-  1/8 ounce Mint leaves
-  4 ounces Grilled Chicken Breast (optional)
-  1 tsp Kosher Salt
-  1 tsp Black Pepper



Directions

1. Place all ingredients in a stainless-steel bowl. Mix all ingredients.

Ingredients – Chili Cilantro Vinaigrette

-  1/2 Jalapeno, seeded
-  1/2 cup Rice Vinegar
-  1/4 cup Lime Juice, fresh squeezed
-  1/2 cup Honey
-  1/2 cup Safflower Oil/Vegetable Oil
-  1 cup Cilantro, chopped
-  Dash Pepper

Directions

1. In a blender or food processor, combine the jalapeno, rice vinegar, and lime juice. Blend until jalapeno is minced.
2. Add the honey.
3. Start the blender and slowly add the oil to make an emulsification.
4. Stop the blender and add the chopped cilantro and pepper.
5. Blend again.

